Food and Physick,

FOR EVERY

Housholder, & his Family,

During the Time of the

PLAGUE.

Very Useful, both for the Free and the Infected.

And Necessary for all Persons, in what Condition or Quality soever.

Together with several Prayers and Meditations, before, in, and after Infection.

Very needful in all Infectious and Contagious Times.

And fit as well for the Country, as the City.

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BIBLIOTHECA BODLEIANA

An Excellent *Medicine*, to Prevent the *PLAGUE*.

TAKE Sage of Vertue, Rue (otherwise called Hearb-Grace) Elder Leaves, Red Bramble Leaves, and VVormwood, of each of them a good handful; ſtamp them altogether, and then ſtrain them through a fine Linnen Cloth; and put to the Juice a Quart of perfect good VVhite-VVine, and a good quantity of VVhite-VVine Vinegar: Mingle them all together, and put thereto a quarter of an Ounce of VVhite Ginger, beaten to ſmall Powder. Uſe to drink this Medicine every Morning faſting, for the ſpace of Nine Dayes together, the quantity of a ſpoonfull at a time, and this will (by Gods help) preſerve you for the ſpace of a whole Year.

An approved Medicine after Infection.

IF it fortune, that one be ſtricken with the *Plague*, before he hath taken the former Medicine; then take the things rehearſed, and put thereto a ſpoonful of Bettony VVater, and as much Scabios VVater, and a pretty quantity of fine Treacle, and temper them well together, and let the Patient uſe to drink it often, and it will expell the Venome or Poyſon forthwith. But if the Botch do happen to appear, then take a good quantity of Elder Leaves, Red Bramble leaves, and Muſtard Seed; ſtamp them well together, and make a Plaiſter thereof; apply it to the Sore, and it will draw forth all the Venome and Corruption.

Thoſe that fear the Plague, *and are not Infected, let them take of this Drink hereafter following, which is twice in every Week, half a ſpoonful at a time: It hath been obſerved, that never any one dyed of the* Sickneſs, *that did take it in time.*

TAke three Pints of Malmſey, a handful of Rue, as much of Sage; boyl theſe to a Quart, then ſtrain out the Herbs, and then take an Ounce of Long-Pepper, Vinegar and Nutmegs, all beaten ſmall in a Morter, and put into the

the VVine, and boyl it a little; then take it off, and put into it one Ounce of Mithridate, two Ounces of the best Treacle, and a quarter of a Pint of Aqua-Vitæ, and put all into the VVine, and so keep it.

The use of it.

If any be Infected, take one spoonful of it, as soon as the Party doth presume himself Infected, lukewarm; and so goe to Bed, and sweat two or three hours; and then dry the Body well, and keep warm, and drink no cold Drink, but warm Drink and Caudles, and Posset-Drink, with Marigold Leaves and Flowers: VVhen the Party hath sweat, and is well dryed with warm Clothes; and so long as the Party is ill, take a spoonful Morning and Evening.

IF you fear you are Infected, or feel any Kernel rising, or any Apostumation burning or pricking, abstain from Sleep, for Sleep leadeth the Venome to the Heart. That Day that you are Infected, eat but little, or no Food; for evil Humours so fill you, that they take away your Stomack: Or if you do eat, then do you covet to sleep, and feel a great burning, with a kind of shuddering, as it were, through Cold: You have also a great Pain in the fore part of the Head: You cannot endure to ride, or to

walk, or any motion of the Body; but are dull, Jumpish, and given wholly over to sadness and drowsiness.

To prove, that these are Arguments, that you are Infected; let any Man, finding his Body in this Distemper, not stir or walk (which I counsel him to do; for to goe into the Air, and to use motion, keepeth the Poyson longer from the Heart) and he shall find within one half Day, some Impostume rising under his Armhole, in his Groyn, or behind his Ear.

The first thing therefore (after you feel your self thus) is, with all speed, to be let blood; when you are let blood, sleep not all that Day; you must be let blood on the same side the Swelling appears, if so be the Impostume arise before you sleep: but if it prick after you have slept, then be let blood on the contrary side: As if there be a swelling under the left Arm, then be let blood on the right Arm. If thou art faint or weak after letting blood, then sleep a little, yet every half hour stir thy Body too and fro. If the Impostume wax bigger and bigger, it is a good sign that the Venome is driven from the Heart, and will come forth. To ripen it, do thus; Stamp Leaves of Elder, and mix that Juice with Mustard-Seed; of this make a Plaister, and lay it on the Swelling.

These Things ought duly to be looked unto, viz.

IT is very convenient, that you keep your Houses, Streets, Yards, back-sides, Sinks and Kennells sweet and clean, from all standing Puddles, Dunghills, and corrupt Moystures, which ingender stinking Savours, that may be noysome, or breed Infection. Nor suffer no Doggs to come running into your Houses; neither keep any, except it be backward, in some Place of open Air; for they are very dangerous, and not sufferable in time of Sickness, by reason they run from Place to Place, and from one House to another, feeding upon the uncleanest things, that are cast forth in the Streets; and are a most apt Cattel to take Infection of any Sickness, and then to bring it into the House.

For Ayring your Rooms.

Ayr your several Rooms with Charcole-fires, made in Stone Panns or Chaffing-dishes, and not in Chimneys; set your Panns in the middle of the Rooms; ayr every Room once a VVeek (at the least) and put into your Fire a little quantity of Frankincense, Juniper, dryed Rosemary, or of Bay-Leaves.

To Smell to.

The Root of *Enula-Campana*, ſteeped in Vinegar, and lapped in a Handkerchief, is a ſpecial thing to ſmell unto, if you come where the *Sickneſs* is.

To taſte or chew in the Mouth.

The Root of *Angelica*, *Setwall*, *Gentian*, *Valerian*, or *Cinnamon*, is a ſpecial Preſervative againſt the *Plague*, being chewed in the Mouth.

To Eat.

Eat Sorrel, ſteeped in Vinegar, in the Morning faſting, with a little Bread and Butter. Sorrel Sauce is alſo very wholeſome againſt the ſame.

To Drink.

Take Rue, Wormwood and Scabios, ſteep'd in Ale a whole Night, and drink it faſting every Morning.

Another.

The Root of *Enula-Campana*, beaten to Powder, is a ſpecial Remedy againſt the *Plague*, being drank faſting.

Another.

Another.

If any feel themſelves already Infected, take *Angelica*, mixt with *Mithridatum*; drink it off, then goe to Bed, and ſweat thereon.

Another ſpecial Preſervative.

Take an Egge, make a hole in the top of it, take out the white, and the yolk, and fill the ſhell only with Saffron; roaſt the ſhell and Saffron together, in Embers of Charcole, untill the ſhell wax yellow; then beat ſhell and all together in a Morter, with half a ſpoonful of Muſtard-Seed: Now ſo ſoon as any ſuſpition is had of Infection, diſſolve the weight of a French Crown, in ten ſpoonfulls of Poſſet-Ale, drink it luke-warm, and ſweat upon it in your naked Bed.

Drink for ordinary Dyet.

So near as you can, let the Patients ordinary Drink, be good ſmall Ale, of eight dayes old.

For Vomiting.

Vomiting is better than Bleeding, in this Caſe; and therefore provoke to Vomit, ſo near as you can.

To provoke Vomit.

Take three Leaves of *Eſtrabecca*, ſtamp it, & drink it in Rheniſh VVine, Ale, or Poſſet-Ale.

For

For Purging.

If the Party be full of groſs Humours, let him blood immediately upon the right Arm, on the Liver Vein, or in the Median Vein, in the ſame Arm; ſo as no Sore appear the firſt Day.

A very wholeſome Water, to be Diſtilled.

Steep Sorrel in Vinegar four and twenty hours; then take it out, and dry it with a Linnen Cloth; then Still it in a Limbeck; drink four ſpoonfulls, with a little Sugar; walk upon it till you ſweat, if you may: if not, keep your Bed, and ſweat upon it. Uſe this before Supper on any Evening. If the Patient happen to be troubled with any Swellings, Botches, Carbuncles, let him ſweat moderately now and then.

Outward Medicines to Ripen the Sore.

Take the Root of a White Lilly, roaſt it in a good handful of Sorrel; ſtamp it, and apply it thereto very hot, let it lye four and twenty hours, and it will break the Sore.

Another.

Take a ſmall quantity of Leaven, a handful of Mallows, a little quantity of Scabios, cut a white Onion into pieces, with half a Dozen Heads of Garlick; boyl theſe together in running Water, make

make a Poultess of it, and then lay it hot to the Sore.

Another.

Take a hot Loaf, new taken forth of the Oven, apply it to the Sore, and it will doubtless break the same: but afterward bury the same Loaf deep enough in the Ground, for fear of any Infection; for if either Dogg, or any other thing, do feed thereon, it will infect a great many.

For Ayring Apparel.

Let the Apparel of the Diseased Persons be well and often washed, be it Linnen or Woollen; or let it be ayred in the Sun, or over Panns of Fire, or over a Chaffingdish of Coals; and fume the same with Frankincense, Juniper, or dryed Rosemary.

To Preserve from the Infection of the Plague.

Take Garlick, and peel it, and mince it small, put it into new Milk, and eat it fasting.

To take the Infection from a House Infected.

Take large Onions, peel them, and lay three or four of them upon the Ground; let them lye ten Dayes, and those peeled Onions will gather all the Infection into them, that is in one of those Rooms: But bury those Onions afterward deep in the Ground.

Against

Against the new Burning Feaver.

If the Parient be in great heat, as moſt commonly they will; take of fair running Water, a pretty quantity; put it on a Chaffingdiſh of Coals; then put thereinto a good quantity of Saunders, beaten to Powder, and let it boyl half an hour, between two Diſhes; that done, put a couple of ſoft Linnen Clothes into a Diſh, wet the Cloths well in Water and Saunders, and apply the ſame, as hot as you can ſuffer it, to your Belly.

To procure Sleep to the Sick Perſons, that are Diſeaſed, either with the Plague, *or the hot Feaver.*

Take of Womans Breaſt-Milk, a good quantity; put thereunto the like quantity of *Aqua-Vitæ*; ſtir them well together, and moyſten therewith the Temples of the Patient, and his Noſtrills; lay it on with ſome Feather, or ſome fine thin Ragg.

Butter-Milk, in this Contagious Time, is generally wholeſome to be eaten; and is a good Preſervative, againſt either the *Plague*, or the Peſtilent Feaver.

A PRAYER Againſt the *PLAGUE.*

OMnipotent God, and moſt merciful Father, bow down thine Ear to our Requeſts, and let thy gracious Eye look upon the Miſeries of thy People. A long time have the Vials of thy Wrath been held open, and have powred thy Divine Vengeance on our ſinful heads. O Lord, we confeſs, that *Sodom* and *Gomorrah*, were never ſo wicked, as we have been, and are ſtill: The *Jewes* were never ſo hard-hearted towards thee (our God) as we are; who hourly Crucifie thy Son Jeſus Chriſt, in our vile Bodies.

Yet

Yet behold, we cry to thee for Mercy; we repent what is paſt, and are contrite and ſorry, that we have been ſtubborn Children, to a Father ſo mild, and ready to pardon. Stay therefore thine Arm, and let not the Arrow of Death, ſtrike our Young Men into their Graves, nor our Old Men to the Earth. Call home thy Angells of Wrath, whom thou haſt ſent forth, and let no more of thy People periſh, under the heavy Strokes of *This Dreadful Plague*, which is now a Dweller amongſt us. Grant this our Requeſt, and all other whatſoever, needful to Soul or Body, for his ſake, in whoſe Name thou denieſt nothing, *Amen*.

A PRAYER,

For those that are not Visited.

OH most Mighty and Merciful Lord God, in whose hands are health and sickness, who at thy pleasure canst kill and comfort; I do confess, that my Sins call louder for Justice, than I can cry for Mercy; and I deserve all Plagues and Punishments, in this Life, and the Plague of Plagues, in the Life to come, Damnation both of Body and Soul: But, O Lord, be thou more merciful, than I can be sinful; and in Jesus Christ be reconciled unto me, and purge me, and cleanse me from all my sins. And I beseech thee, Oh heavenly Father, at whose Commandement the Angells pas-

sed

ſed over the Houſes of the *Iſraelites*, when it ſtruck the *Egyptians* (if it be thy bleſſed will) that this preſent *Sickneſs* may paſs over me, and my Family. We do confeſs, O Lord, that I and others have deſerved the Plagues of *Egypt*; but, O Lord, howſoever keep us from the greateſt Plague, which is hardneſs of heart; and if it be thy pleaſure, withhold thy heavy hand from us. Do not correct us in thine anger, nor yet chaſtiſe us in thy heavy diſpleaſure; but in thy mercy releaſe us. And if it be good unto thee, that I and others ſhould taſte of this bitter Cup, ſtrengthen our Faith, increaſe our Hope, augment our Patience; that ſo we may reſt in thy Peace, riſe in thy Power, and remain in thy Glory; and that for Chriſt Jeſus ſake, in whoſe Name we further call upon thee, ſaying, *Our Father, which art in Heaven*, &c.

A PRAYER, *For those that are Visited.*

OH Lord God, thou best Physician, both of our Souls and Bodies, who canst bring to the Grave, and pull back again, whom thou pleasest; which wert moved at the Prayers of *Moses* for others, of *Ezekiah* for himself; O Lord, hear me for others, others for me, and all of us for thy Son; and look with the Eye of mercy upon me, whom it hath pleased thee, at this time, to visit with the Plague and Sickness: O Lord, I am held in thy fetters; O thou which hast bound me, loose me; and, if it tend unto thy glory, and my good, restore my health unto me. O Lord, I have

been an unprofitable Servant all my Life time; O then, let me not then be bereft of the Life of Nature, when I begin the Life of Grace; but if thou haſt diſpoſed of me otherwiſe, increaſe my Patience with my Pains; Shew thy ſtrength in ſuſtaining my weakneſs, and be my ſtrong Forteſs in this hour of my Tryal; give me grace to apprehend and apply all the merits and mercies of Chriſt unto my Soul; and, O Lord, let thy Comforter oppoſe the Tempter, in ſuch a meaſure, that he may not prevail againſt me; but as thou makeſt me like *Lazarus*, full of Sores, ſo let alſo thy Angells carry me into *Abrahams* boſome. O Lord, I intreat, let me obtain, even for his ſake, for whom thou haſt promiſed, and bound thy ſelf, to hear and help the afflicted, even thy Son, and my Saviour, Chriſt Jeſus: To whom, with thee, and thy bleſſed Spirit, be all Praiſe, *&c.*

Meditation

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Meditation 1.

IT cannot chuſe but be a grief unto a Chriſtian, to ſee how many murmur in this Viſitation; ſome fearing the *Plague* in their Perſons, others in their Purſes; ſome being loth to loſe their Goods, others to leave the World, not fearing to ſay with deſpairing *Cain*, their Puniſhment is greater than they can bear; and thus do they undervalue Gods Mercy in his Juſtice, in whoſe Vial is not only Wine, but alſo Oyl: Had he delivered us up to Famine, it would have been a Burthen farr more grievous; and had he delivered us up into the hands of our Enemies, as he hath done ſome Neighbouring Nations, it had been likely, that we ſhould not only have been baniſhed from our Country, but that all hope ſhould have been baniſhed from us: How much better is it then, as *David* choſe, to fall into the hand of God, than into the hands of Men; and to be viſited with this *Plague*, than to be Plagued with our Enemies: The Lord give us grace to repent and amend, that he may ceaſe to afflict us; and grant, that being once cleanſed, we may ſin no more, leſt a worſe Evil happen unto us.

Meditation 2.

IT is true indeed, that Sin was the first Cause of this *Sickness*; but as God doth not the Works of Mercy, so he doth not the Works of Justice, without a means. Our Sins were the Parents of this *Pestilence*, but it is a question, how God brought it in, there is no Man can absolutely determine, but many may conjecture, And (I fear me) it was the want of Charity, and the neglect of the Poor, in this City, which partly caused this Infection; for how can it be otherwise, but that, where multitudes are pestered together in a little room, and in it have but little comfort; as no Raggs, to cover their nakedness; no Linnen to shift them from filthiness, it cannot chuse but cause them noysomeness, and by consequence Infection: If then the rich Men desire to leave to be miserable, let them learn to be merciful, and free the City from the multitudes of Poor.

Meditation 3.

IT is a strange thing, to see the difference of Men; and to consider, how the Seed of *Adam*, being composed of the same Matter, should so differ in Manners: For here you may see

see one so timerous of Sickness, that he dares not goe to Church, for fear of Infection; being so full of base Cowardise, that he is fearful to gather a Rose, lest he should prick his Fingers; neglecting his Souls welfare, for fear of his Bodies sickness; notwithstanditg, he can trudge to *Westminster*, about Quarrels and Contentions. But on the contrary side, another so audacious and presumptuous, that he seemeth to challenge the *Pestilence*, and seeketh it at Playes, searcheth it from one Tavern to another, as if he dared Gods Judgements to encounter with him; both of which are extreme Follies. We must part, *viz.* from our frail Life. I will therefore resolve, not so much to fear the Evil of Sickness, as to commit the Evll of Sin; neither so much Sin, as to seek out Sickness: The one is a sin against my Soul, to deprive it of the Food which is offered; and *Tantalus* like, to starve it under the means: The other is a sin against my Body, to seek to impair the health of it; but howsoever, both of them against God: The one being Timidity, the other Timerity; the one Fear, the other Folly; the one shewing himself faint-hearted, the other fool-hardy.

A Remedy, ſent to the Lord Mayor of *London*, by King *Henry* the Eighth, againſt the *PLAGUE*.

TAKE a handful of Sage, *a handful of* Hearb-Grace, *a handful of* Elder Leaves, *a handful of* Red Bramble Leaves; *ſtamp them all, and ſtrain them through a fine Cloath, with a quart of* VVhite-VVine; *and then take a quantity of* Ginger, *and mingle them together, and take a ſpoonful of the ſame, and you ſhall be ſafe for twenty four Dayes; Nine times taking of it, is ſufficient for a whole Year, by the Grace of God. And if it be ſo, that the Party be ſtricken with the* Plague, *before he hath drank this Medicine, then take the Water of* Scabios *a ſpoonful, of Water of* Bettony *a ſpoonful, and a quantity of fine* Triacle; *and put them all together, and cauſe him to drink it, and it will expell all the Venome. If the Botch appear, then take the* Leaves of Brambles, Elder Leaves, Muſtard Seed, *and ſtamp them together, and make a Plaiſter thereof, and lay it to the Sore, and that ſhall draw out the Venome, and the Party ſhall be whole, by the Grace of God.*

M. H.

M. H. *Receipt against the* Plague.

TAke Setwel Root, to the quantity of half a Walnut, and grate it; of Triacle-Jean, one good ſpoonful; of Wine-Vinegar, three good ſpoonfulls; of fair Water, three ſpoonfulls: Make theſe more than luke-warm, and ſo drink them off warm in your Bed, and ſweat ſix or ſeven hours after. Drink Poſſet-Ale, made with ſmall Drink, as your thirſt requireth; ſo that you expect an hour and a halt, after the Potion taking, before your firſt drinking, and it will drive forth the *Plague*. Let the Poſſet-Ale be luke-warm, at the firſt draught, but after as you like it, ſo it be not quite cold.

Theſe two Medicines *have Cured above a thouſand People, in this City, the laſt* Plague *time; And none hath took it in time, but ſcaped.*

FINIS.

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